



## Program Updates

UW-Madison Division of Extension FoodWise has been working hard to adapt curriculum to online learning. As we continue to re-work our delivery methods we are able to diversify the curriculum we can offer. Here is what we have going on now!

Nutrition Educator Megan Martell is teaching a series of Healthy Cents and Yuck to Yum to House of Hope and continues to teach Yuck to Yum at the Howe Resource Center. Yuck to Yum provides a space to connect with other parents & learn new ways to navigate mealtime & choose healthy foods for your family. Encouraged for families with children ages 2-5, families with multiple children of all ages are welcome. Healthy Cents is a curriculum teaching adult audiences how to save money while purchasing healthy foods.

Nutrition Educator Sarah Chisholm continues to teach Yuck to Yum at Early Head Start and Integrated Community Solutions. It offers families the opportunity to connect with other parents, learn new ways to navigate mealtimes, and choose healthy foods for their families. She is adapting our Eating Smart, Being Active Infant and Toddler curriculum for online learning that will be taught at House of Hope and Howe Community Resource Center. The sessions include engaging, discussion based maternal and infant nutrition activities for parents.

Nutrition Educator Liliana Ramirez has begun virtual programming with the Salvation Army. She is using the Healthy Cents curriculum with an emphasis on healthy eating and saving money. FoodWise would also like to thank Salvation Army for the support in helping with new technology and printing materials for

participants. We look forward to keep empowering participants to make the healthy choice the easy choice. FoodWise will also be providing monthly education via "Facebook Live" on how to use the contents of a garden produce food box distributed to Latino families identifies as food insecure. The education is in support of a food distribution program funded by a Wisconsin Partnership Program Grant (WPP) COVID response grant and coordinated by WELLO. The program provides monthly fresh produce boxes to Latino families identified as food insecure. The film will also be recorded and shared online.

If you are interested in programming with us or learning more about series we can offer, please contact our Program Coordinator Karen Early at karen.early@wisc.edu or (920) 391-4614.



## Virtual StrongBodies

Starting August 11th StrongBodies will be taught virtually and entirely in Spanish! This series will be offered statewide and we welcome partners and local agencies to spread the word and sign up! The image below has a link available to register or click [here](#) for a PDF version.

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## Join Strength Training Classes from Home!

StrongBodies is a series of virtual strength training sessions to improve strength, balance, and flexibility.

Lessons are live with a trained instructor, twice a week for 8 weeks. **All in Spanish. Starts August 11.**

- Tuesdays 9 to 10 a.m.
- Thursdays 9 to 10:20 a.m.

On Thursdays we share ideas to help you and your family make healthy choices when shopping, cooking, and serving food.

Interested? Please register [Encuesta de Registro](#) Use this **CODE: ESP81120**

Watch the recorded video online:

<https://www.pbs.org/video/university-place-strong-women-strong-bones/>

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StrongBodies es una serie de lecciones en línea con ejercicios de bajo impacto que le ayudaran a mejorar su balance, su flexibilidad y su fuerza muscular. Durante estas clases también incluimos una corta lección de nutrición.

Las lecciones serán en vivo, guidas por instructores entrenados. ¡Serán dos veces por semana por 8 semanas! Todo en español. **Estas clases iniciaran el día 11 de agosto, 2020.**

- **Martes 9 to 10 a.m.**
- **Jueves 9 to 10:20 a.m.**

Si usted está interesado(a) en participar por favor llene esta aplicación: [Encuesta de Registro](#)

**CODIGO: ESP81120**

Si usted quiere, también puede ver este video en línea, para aprender un poco más de como son los ejercicios : <https://www.pbs.org/video/university-place-strong-women-strong-bones/>



Strong Women, Strong Bodies



## Check out our Website!

We continue to keep our website populated with updated information. Click on some of the new flyers below to be redirected to their location on our website:

- [Coping with the Financial Impact of COVID-19](#)
- [Keep Fresh Foods Fresh and Potato, Bean, and Kale Skillet](#)
- [Stop the Spread of Germs and Half-Veggie Burgers](#)
- [Register for Virtual Spanish StrongBodies](#)
- [Virtual Learning](#)



## Follow and Like us on Facebook!

FoodWise Brown County is using Facebook as a platform to distribute useful information and stay connected with our partners and community members. Find a list of some of our recent posts below that you might want to share on your own page:

- [Frozen Fruit Cup Recipe](#)
- [Cucumber Yogurt Dip Recipe](#)
- [Italian Stuffed Pepper Recipe](#)
- [Staying Safe While Eating on the Go](#)
- [Ways to be Physically Active](#)
- [Spanish Strong Bodies](#)
- [Make Your Own Healthy Eating Plan](#)



## Storing and Freezing Produce

Strawberries bursting with flavor, spinach that is young and flavorful. Freezing fruits and vegetables can capture the flavors of the season to enjoy later in the year.

Freezing is one of the simplest and least time-consuming methods of food preservation. Under optimal conditions, freezing is the best form of food preservation in terms of retaining nutrients, flavor, and texture. Freezing does not kill pathogens, it simply stops their growth, so it is important to handle foods safely prior to freezing and when defrosting. Food safety steps. Always wash your hands, surfaces, cutting boards, and knives before preparing foods for freezing.

For best quality, follow directions carefully. Color, flavor, and nutritive value can be affected by the freshness of the produce selected, method of preparation and packaging, and conditions of freezing.

### **For best quality and safety:**

- Freeze fruits and vegetables when they are at peak ripeness.
- Freeze fruits and vegetables in small, made-for-freezer packaging (smaller sizes freeze faster).
- [Blanching](#) most vegetables before freezing preserves quality.
- Remove as much air as possible from packaging.
- Freeze fruits and vegetables in small quantities so they freeze rapidly. Make sure your freezer is set to 0°F or colder to maintain quality during storage.
- Cook frozen vegetables before eating. Cooking frozen vegetables before eating helps ensure safety. Do not give young children still-frozen vegetables to chew on when teething.



## farmers' markets

### RECIPES

# Potato, Black Bean and Kale Skillet



#### Ingredients (4 servings)

- 4 red potatoes
- 2 1/2 cups kale (approximately 6 ounces)
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1/4 cup chopped onion
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper (optional)
- 1 15-ounce can of no-salt-added black beans, drained and rinsed

#### Nutrition Information per serving:

222 calories, 12 g fat, 2.5 g sat fat, 11 g protein, 21 g carbohydrate, 5.7 g fiber, 166 mg sodium

#### Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Dice potatoes into 1/4 - inch pieces.
3. Chop kale.
4. Heat oil in large skillet over medium heat. Add garlic and onions. Cook 2-3 minutes until they're just starting to brown.
5. Add diced potatoes, chili powder, salt and pepper (if desired) to skillet. Cover with lid and cook 8-10 minutes, stirring occasionally.
6. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.

#### KALE

**Choose:** crisp deeply colored leaves (beware of yellow or brown patches) and moist, hardy stems.

**Store:** in a plastic bag, removing as much of the air from the bag as possible. Kale will keep in the refrigerator for five days, but the longer you keep it, the more bitter its flavor becomes. Do not wash before storing.

**How much?** 1 bunch of kale weighs about 3/4 - 1 pound

Source: Adapted from Produce for Better Health Foundation. (2014). Potato, Black Bean, and Kale Skillet. What's Cooking? USDA Mixing Bowl.



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.



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